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## BOOK REVIEWS

**OBSTETRICAL NURSING.** A text-book on the Nursing Care of the Expectant Mother, the Woman in Labor, the Young Mother and Her Baby. By Carolyn Conant Van Blarcom, R.N. 582 pages and 196 illustrations. The Macmillan Company. Price, \$3.

This book will be one of unusual value to nurses in the training schools, to public health nurses in various capacities, and especially to that large group of isolated rural nurses upon whose knowledge and resources the lives of mothers and babies so frequently depend.

To the superintendents of nurses, instructors, and head nurses in the training schools, this book should be a great aid in assisting them to adequately interpret to the student her responsibility toward the spiritual phase of this work.

The introduction and the final summary of the book will be of special value to the instructor, for in these chapters the author demonstrates her vision of the great possibilities for the conservation of the lives of mothers and babies, through pre-natal instruction, and adequate care during the puerperium and throughout the life of the infant.

The teaching value of the book is strong through the free use of illustrations, thereby helping to elucidate each chapter by having the nursing procedures visualized as they are presented; by means of the fine details in nursing technic, and the wide range of subject matter presented from every angle. The Anatomy and Physiology are particularly valuable to the student. Anatomical measurements are clearly described and illustrated, thus meeting a need felt by both teachers and students.

One is impressed by the fine kind of professional ethics existing between the medical and nursing professions, which is of the type that combines all that is true in the traditions of the past, and grasps the finest spirit of the present, this combination culminating in the best interests of the patient.

The chapter on the Mental Hygiene of Pregnancy is one of the strongest in the book and is one from which all readers will undoubtedly receive inspiration and help in problems of mental hygiene, not only as such problems are related to the patient, but in its application to their own personal needs.

The book commends itself to the reader, although the preface is lengthy and there is repetition of material and a great volume of detail embodied in its pages. We believe this criticism is offset by the high motives that must have actuated the writer in making this educational contribution to the nursing world.

The strong feature of the whole text is a sympathetic and intelligent understanding and treatment of the whole subject from the spiritual, mental and physical standpoint of the mother and child, from the time of conception through the infant's life. In reading the book, one is impelled to believe that the writer had a message for nurses on behalf of the world of mothers and babies, and that her motive in writing it was a compelling force to send the message. We believe the message will be received.

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PRINCIPLES AND PRACTICE OF NURSING. By Bertha Harmer, B.Sc. (Columbia), R.N. The Macmillan Company, New York. 676 pages. Price, \$3.

To a graduate of "old T. C." this book appears as a friend, as its pages are bestrewn with expressions that bring memories of serious class-room hours and happy associations with instructors and fellow students. We hail it with joy, feeling that it paves the way to more intelligent nursing, to making the many hours of practical work of greater educational value to the young women concerned,—our student nurses.

The book is divided into two parts. Part one includes the introduction which admirably reveals the social significance of nursing and the need of careful nurture of the altruistic spirit and ideals which prompt young women to enter this field of service. Attention is given to the nurse as an educator in the preservation of health and prevention of disease, as well as to curative measures and alleviation of distress. The conception of the hospital as a social center in the community is expressed. Too much emphasis cannot be placed upon trained and intelligent observation as one of the most important factors in nursing, and we are glad the author has so ably treated this subject.

The book is one which should be placed in the hands of every student nurse for the inspiration which it affords and for the insight as to what constitutes good nursing that it unveils. To supervisors and head nurses it shows the need and meaning of efficient, constructive supervision, as the students spend many hours under the observation and guidance of those in charge of the wards.

The book is of *inestimable value* to instructors in schools of nursing. The strongest feature of the book, of great importance to the instructor, is the emphasis placed upon *the underlying principles* of each practical procedure, so necessary in keeping student nurses from becoming mechanical performers of meaningless acts. The